

SELF CARE

Study Shows the Cost of Diabetes Spikes in United States – But Prevention Partners May Have the Answer

The American Diabetes Association study found that the annual direct costs of diabetes, a condition that affects an estimated 17 million Americans, climbed from \$98 billion in 1997 to \$132 billion in 2002. Indirect costs including lost workdays, restricted activity days, death and permanent disabilities totaled \$39.8 billion. The US spends an average of \$13,243 on each diabetes patient compared with \$2,560 per person for people who do not have diabetes. However, Prevention Partners Diabetes Education Workshops have been proven to save you money.

During the fall of 2002, in a matched cohort study, the Budget and Control Board's Office of Research and Statistics compared a group of 196 State Health Plan (SHP) enrollees who attended a diabetes management workshop between 1995 and 1999, to a comparison group of SHP enrollees who did not attend such workshops.

Both groups were matched according to gender, age, diabetic complications such as kidney, vision, nerve and circulation problems and additional health problems including hypertension, high cholesterol, heart disease and cerebro-vascular disease. Participants and their matched cohorts were compared with each other over a 2-year period.

The State Health Plan Prevention Partners diabetes management workshops can significantly impact the cost of diabetes. Participants in the Diabetes Chronic Disease Workshops decreased their medical claims costs by \$2,324.23 per enrollee as compared with non-participants. This indicates that better glucose control, increased knowledge about the disease and enhanced self-management skills decreased emergency room visits, hospitalizations and serious complications.

Although the average drug cost per participant increased by \$200.24 compared to non-participants. We believe this is a good indication of better patient compliance, a very important step in maintaining and controlling the risk of complications.

A healthy investment of your time, resources and effort to learn more about your chronic illness will earn you a healthy return in your quality of life and a decrease financial burden to your pocket.



STATE HEALTH PLAN PREVENTION PARTNERS
South Carolina Budget and Control Board
Employee Insurance Program
April 2003

